

Self-Quarantine/School Absence Policy

** subject to change **

Last Updated 1/19/2022

It is strongly recommended that all adults in the BNS community (including household members), and all eligible children, become fully vaccinated (which means receiving a booster for those who are eligible). Adults and children who are not vaccinated may be required to follow different policies with regard to their involvement and participation at BNS.

Given the existing and ongoing multiple layers of risk mitigation already in place at BNS, the high BNS vaccination rate (>95% among students and 100% among teachers), and with the additional layers of precautions being added as described below, BNS is adopting the [CDC's updated Guidelines for K-12 schools](#) (see below).

The most notable differences from our previous isolation policies are that we are adopting shorter isolation periods *for vaccinated symptomatic individuals* (5 days, provided symptoms improve) and the removal of isolation periods for *exposed vaccinated individuals* (provided symptoms do not appear) and with the following additional measures:

1. Families and teachers should continue to remain vigilant outside BNS and continue to report symptoms, illness, and exposures by emailing the school's COVID contacts using the email: COVID@new-school.org;
2. Students and teachers returning from isolation or quarantine will be required to wear a well-fitting multilayer mask. BNS will make masks available if needed;
3. Students and teachers who are returning from a COVID positive infection will have an increased physical distance from their peers while eating; and
4. We still recommend PCR testing when testing is indicated (as it is the GOLD STANDARD test currently).

Rest assured that every BNS COVID Scenario / Exposure will be reviewed (as they have been over the past year) and additional measures will be implemented. These are GUIDELINES and should not be interpreted as absolute. They can also change at any time given new data or change in the prevailing COVID situation.

- Regardless of vaccination status, individuals will not be allowed to return until symptoms have begun to improve. Individuals must also be fever free for 24 hours without the use of fever-reducing medication.
- If a vaccinated student cannot isolate from a sick parent or sibling, they will be required to isolate for 5 days (with **day 1 being the first full day after your initial contact** with the COVID positive person).

When to Stay Home

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

IF YOU

Were exposed to COVID-19 and are **NOT** [up-to-date](#) on COVID-19 vaccinations

Quarantine for at least 5 days

Stay home

Stay home and [quarantine](#) for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

After quarantine

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU

Were exposed to COVID-19 and are [up-to-date](#) with vaccination OR had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

No quarantine

You do not need to stay home **unless** you develop symptoms.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

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Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

**IF YOU
Tested positive
for COVID-19 or
have
symptoms,
regardless of
vaccination
status**

Stay home for at least 5 days

Stay home for 5 days and [isolate](#) from others in your home.

Wear a well-fitted mask if you must be around others in your home.

Ending isolation if you had symptoms

[End isolation after 5 full days](#) if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

Ending isolation if you did NOT have symptoms

[End isolation after at least 5 full days](#) after your positive test.

If you were severely ill with COVID-19

You should isolate for at least 10 days. [Consult your doctor before ending isolation.](#)

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

DEFINITIONS

Exposure

Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact

Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

If Someone Becomes Sick at School

The BNS plan for an individual (student, teacher, aide, or TRO) who becomes symptomatic while at school, we will follow the guidance in [this infographic](#), which is summarized below.

- Move symptomatic individual(s) to the conference room next to the front door or outside area if available.
- Ensure symptomatic individual remains masked (as able if no respiratory difficulties)
- Teacher (or support individual) should wear mask, face shield, gown, and gloves.
- If breathing medication such as albuterol is required, only inhaler with spacer should be utilized. (Nebulizers are considered an aerosol-generating procedure).
- Increase ventilation as able in the conference room by opening windows or other available strategies. (Adjoining doors should be closed).
- Symptomatic individual should leave the school as quickly as possible (e.g. home with parent or emergency services).
- Clean surfaces that the symptomatic individual touched in their classroom/throughout

the school.

- School COVID contacts, Molly Lucier or TJ Stone or the Board President (Kiyah Duffey) will email symptomatic individual's classroom of possible exposure to an ill individual.
- Recommendation for all members of the household to leave the school to minimize possible infections.
- A negative PCR test will be required to return to school.

Symptomatic is defined as you, your child, or member of your household or immediate caregiving circle experiencing the following:

- A fever (100.4°F or higher); OR
- Any of the following that cannot be attributed to another health condition; OR
 - A new cough; OR
 - New shortness of breath or difficulty breathing; OR
 - New chills or sudden feelings of cold with shivering accompanied by a rise in temperature; OR
 - A new sore throat; OR
 - New muscle aches (not related to recent physical exercise or activity); OR
 - New olfactory (smell) or taste changes, including loss of taste or smell
- Have you administered an agent such as acetaminophen (Tylenol) or ibuprofen (Advil) to your child to reduce fever or suspected fever?